SASKATOON metro®

NEWS WORTH SHARING.

Wanted: Diplomacy

Protesters rally outside city hall against Western military action in Syria PAGE 2

... while Syria agrees to hand over its chemical arms — but a skeptical U.S. continues to press for a strike PAGE 4

RAFA RULES NEW YORK

A REJUVENATED NADAL BEATS DJOKOVIC AT THE U.S. OPEN FOR HIS 13TH GRAND SLAM TITLE PAGE 14

Mulcair plays nice with Wall

Meeting. Federal NDP leader, premier agree on Senate abolition, disagree elsewhere

After trading barbs in the media, federal NDP Leader Tom Mulcair and Premier Brad Wall have had their first face-to-face meeting — and it appears they will agree to disagree.

Mulcair and Wall sat down Monday in Wall's office in the Saskatchewan legislature.

They emerged from the meeting to speak to reporters separately, but both men describe the chat as positive.

"Mr. Mulcair has got his views on certain things," said Wall.

"We agreed on a number of issues, we disagreed on a number of issues, but I appreciate the fact that he wanted to meet to talk about them."

Mulcair said he and Wall are on the same page when it comes to the scandal-plagued Senate.

"We started off with an easy one where we agree a great deal, which is on the Senate, that it's time to stop kidding ourselves that the Senate can be reformed," said Mulcair.

"Premier Wall has seen the different iterations, he's worked with other premiers over a number of years now, and he's seen the Senate, what it represents, as a problem."

Mulcair said the two also agreed that diversity is important in Canada's economy.

The Opposition leader said the premier appreciated that the NDP's preference for development of natural resources is building a pipeline to carry western oil to the east coast.

TransCanada Corp.'s Energy East Pipeline project, which still has to clear regulatory reviews, would ship up to 1.1 million barrels of crude per day from Alberta to Quebec in 2017. A 1,400-kilometre extension would be built to ship oil to the Irving Oil refinery in Saint John, N.B., a year later.

But Mulcair and Wall disagreed on some big issues, including the Keystone XL pipeline.

Wall supports building the pipeline, which would carry oilsands bitumen to Gulf Coast refineries. He said it's an important project for Canada.

"I don't think we've changed his mind on Keystone," said Wall.

"I just wanted to point out, though, that he talks about this pipeline, its construction, as only benefiting the United States. That's not true."

Earlier this year, Wall accused Mulcair of betraying Canadian interests when the NDP leader criticized Ottawa's environmental record and the Keystone XL pipeline while speaking in Washington.

And last year, Mulcair angered western premiers by dismissing them as "messengers" of Prime Minister Stephen Harper.

"The meeting went so well and it was so friendly and so open and, again, on something like Keystone XL, he knows my position," said Mulcair.

"We tended to concentrate on what we agreed (on) and where we disagreed, we talked about it very openly."

THE CANADIAN PRESS

NDP Leader Tom Mulcair speaks to reporters in the rotunda of the Saskatchewan Legislative Building on Monday after meeting with Premier Brad Wall, inset. Both men described the chat as positive, though they continue to disagree on some major issues, including the Keystone XL pipeline.

MICHAEL BELL/THE CANADIAN PRESS

Rocket man on campus

Cmdr. Chris Hadfield helps launch a $110M complex at Western University PAGE 7

Catcher of the shy

A Hollywood writer took years to research a 700-page book and documentary about the life of famously private author J.D. Salinger PAGE 9

NEWS 1

Anti-war movement not about apologizing for Assad: Protesters

Saskatoon Peace Coalition. Demonstrators outside city hall argue the West should help through diplomacy and aid, not military action in the Syrian conflict

JACOB MORGAN
jacob.morgan@metronews.ca

As U.S. President Barack Obama urges Congress to take military action in Syria, about 100 protesters gathered in Saskatoon to speak out against Western intervention.

The demonstration took place Monday at noon outside city hall and was organized by members of the Saskatoon Peace Coalition.

"We've never solved anything from dropping bombs from 3,000 feet," said Betsy Bury, a member of the coalition and veteran of the Second World War.

"I think we have an extreme responsibility to give any humanitarian aid that's possible to these people."

Nayyar Javed is a psychologist who lives and works in Saskatoon.

She spoke at the protest from the perspective of a social activist and feminist, saying that the anti-war movement is not about apologizing for the actions of Syrian President Bashar Assad.

"The American government is representing (it as though) if we are saying no to their proposal, then we are supporting Assad," said Javed.

"If he has used chemical weapons, he should be punished, but not the citizens of Syria."

The issue needs to be resolved through the United Nations, she said, adding that the U.S. cannot pick and choose when to respond to crimes against humanity.

"The United States used (chemical weapons) in the Vietnam War," said Javed.

"And Iran and Iraq at one time were fighting, and the United States was supporting Iraq, so the Iraqi military used chemical weapons on the Iranian army."

Protesters hold up signs in opposition to Western involvement in the Syrian conflict at the anti-war protest on Monday outside Saskatoon City Hall.
JACOB MORGAN/METRO

Overseas spending

A professor of native studies at the University of Saskatchewan Priscilla Settee also spoke at the event and said it's important for the Canadian government to tackle the problems at home before spending on overseas conflicts.

- "Rather than having expenditures on military hardware, we have to focus on the domestic needs of people in this country while still keeping an eye on the international scene and abuses of human rights."

University Bridge

Police name drowned man

The Saskatoon Police Service has released the name of a 20-year-old man who fell from the underside of the University Bridge and drowned early Sunday morning.

The body of Derrick Philip Anweiler was recovered near the Broadway Bridge at 9:30 a.m. Sunday morning. Police and Saskatoon Fire and Protective Services say that a group was crawling through the arches on the underside of the bridge when Anweiler fell. METRO

Hit and run

Cyclist dies in hospital

A 32-year-old cyclist who was dragged by a vehicle on Sept. 7 has died.

According to a release from the Saskatoon Police Service, officers were called to the scene of a hit-and-run at 23rd Street and Avenue U North at approximately 10:25 p.m.

Police found the injured cyclist at the scene and MD Ambulance transported him to hospital. The vehicle involved in the incident had fled, travelling south on Avenue W. METRO

Multiple sclerosis 'liberation' therapy clinical trial cancelled: Saskatchewan government

The Saskatchewan government says a clinical trial for the so-called liberation treatment for multiple sclerosis has been cancelled.

The province says it's been told by a medical centre in Albany, N.Y., that it isn't going ahead with the therapy that involves opening blocked neck veins.

Saskatchewan had planned to put up $2.2 million to have 86 patients from the province take part in the trial.

But the trial lead, Dr. Gary Siskin, has indicated that the research team couldn't recruit enough participants to meet United States government requirements for a clinical trial.

Health Minister Dustin Duncan says the news is disappointing for some 3,500 Saskatchewan residents who want to know whether the treatment can help relieve MS symptoms.

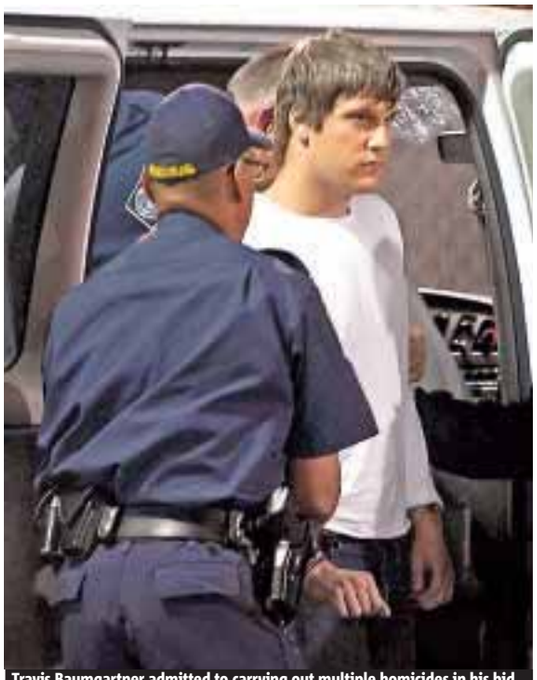
"It's a setback in terms of the research," said Duncan.

The Ministry of Health says it will explore other options.

Liberation treatment involves opening up the veins with balloon angioplasty, the same procedure used to unblock coronary arteries.

THE CANADIAN PRESS

Crown calls for harshest penalty since execution



Travis Baumgartner admitted to carrying out multiple homicides in his bid to steal hundreds of thousands of dollars. THE CANADIAN PRESS FILE

No parole for 40 years. Ex-guard pleads guilty to killing three co-workers, attempting to kill fourth

An Edmonton judge is to decide whether an armoured-car guard who killed three co-workers and severely injured a fourth will be the first person in Canada to receive the harshest sentence since the death penalty was in force.

Crown and defence lawyers are both recommending Travis Baumgartner be sentenced — under a new federal law enacted by Parliament in 2011 — to life with no parole for 40 years.

Baumgartner, 22, pleaded guilty Monday to one count of first-degree murder, two counts of second-degree murder and a charge of attempted murder in a plea bargain.

Chief Crown prosecutor Steve Bilodeau said the new law gives judges the discretion to impose consecutive parole ineligibility periods in cases involving multiple murders.

Associate Chief Justice John Rooke said he will issue his decision Wednesday morning.

Bilodeau said he understands the judge is wading into "untested waters" and, if granted, it would be the toughest term imposed since 1962 — the double hanging of Arthur Lucas and Ronald Turpin in Toronto.

But Bilodeau said Baumgartner's case warrants extraordinary punishment.

"Travis Baumgartner was supposed to be watching his fellow guards but instead shot them in their heads," he told the court. "The depth of betrayal is remarkable."

Baumgartner methodically shot his fellow guards while they were reloading ATMs on June 15, 2012.

Court heard that he owed friends and family money.

Baumgartner left undisclosed amounts of money at the homes of two friends and plopped $64,000 in cash on his mother's kitchen table before he was arrested.

THE CANADIAN PRESS

Jeffrey Baldwin. Death of child a surreal horror story

Jeffrey Baldwin CONTRIBUTED

The first emergency crews to find the body of a Toronto boy are still deeply disturbed by the sight of his skeletal frame more than 10 years later, a coroner's inquest heard Monday.

But the boy's grandmother, his primary caregiver who had summoned them to the home with a nonchalant 911 call, treated his death as an annoyance, a pair of first responders told the inquest into Jeffrey Baldwin's death.

Four years after his grandparents got custody of Jeffrey and his three siblings, he died from complications of chronic starvation.

"It was the complete and utter destruction of dignity to any child or human being," said paramedic Marc Dugas of what he saw on Nov. 30, 2002.

Elva Bottineau and Norman Kidman have already been convicted of second-degree murder. The coroner's inquest is exploring systemic issues in Ontario.

Dugas was shocked by Jeffrey's condition, but the rest of the family seemed unconcerned, he said. When paramedics worked on Jeffrey in the back of the ambulance, no one came out of the house to inquire about him, Dugas said.

Even when the first emergency crew arrived on scene, they had to knock to get Bottineau to come to the door, and she seemed annoyed, said Toronto fire Capt. Royal Bradley.

"She told me to keep it down because there was a child just inside, sleeping on the couch," Bradley testified.

The inquest heard a recording of the 911 call Bottineau placed. She said Jeffrey had recently stopped eating and he "might have a touch of the flu."

"Apparently my grandson is not breathing right now," she says.

THE CANADIAN PRESS

Gun laws

Should the blind be packing heat?

Some blind people are granted gun permits in one U.S. state, and law enforcement officials are debating the wisdom of it.

The Des Moines Register reports that Iowa law doesn't allow sheriffs to deny a permit to carry a gun in public based on physical ability. Blind people can obtain the permits for carrying a weapon in public because of changes to state law that took effect in 2011.

Jane Hudson with Disability Rights Iowa said federal law requires states to analyze a situation individually before denying a service.

"The fact that you can't drive a car doesn't mean you can't go to a shooting range and see a target," Hudson said.

THE ASSOCIATED PRESS

Conrad Black

Verbose ex-con to grace TV sets in Oct.

Conrad Black's weekly current-affairs show will begin airing next month.

The flagship show, titled The Zoomer — Television for Boomers With Zip was announced in May but had yet to bring the former media executive into Canadian living rooms.

ZoomerMedia now says the 60-minute talk show will begin airing on its Vision TV channel Oct. 7 at 9 p.m.

It will be co-hosted by former Citytv/MuchMusic journalist and CBC Radio executive Denise Donlon.

As part of each episode, Black will conduct a feature "Conversation With Conrad" or participate in a panel discussion with "some of the world's greats." He will also tackle a slew of issues in an editorial segment.

THE CANADIAN PRESS

Long-term care

Group says mice found nibbling on patient's face

A health-care advocacy group says a dementia patient at a long-term-care home in Alberta is recovering after a staff member found mice nibbling at her face.

Friends of Medicare says it happened at St. Therese Villa in Lethbridge on Sept. 1.

"The lady was in fact bitten and now she's been medically treated for that," said Sandra Azocar, executive director of Friends of Medicare.

"I'm completely horrified. I think it's beyond words."

Staff first complained about mice about a year ago, Azocar said. She added the care centre also has had a bedbug infestation for months. THE CANADIAN PRESS

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Secret court motions

Facebook, Yahoo want to disclose data on NSA orders

Facebook and Yahoo asked a secret court Monday to allow them to disclose data on national security orders the companies have received under the Foreign Intelligence Surveillance Act.

The two tech companies filed separate, similar motions Monday with the secret court that oversees that law. Two other companies, Google and Microsoft, have similar motions pending with the court.

All four companies were among several U.S. Internet businesses identified as giving the National Security Agency access to customer data. THE ASSOCIATED PRESS

Social media

Iran likes Facebook for its politicians, but not its citizens

Iran's curious world of online politics looked a bit more crowded Monday with members of President Hassan Rouhani's Cabinet encouraged to open their own Facebook pages — in a country where authorities, at the same time, try to block the public from social media.

The government-as-Facebook Friends initiative, reported by the pro-reform Shargh daily, is seen as part of Rouhani's efforts to give the presidency a makeover as more accountable and accessible after his combative predecessor, Mahmoud Ahmadinejad.

THE ASSOCIATED PRESS

Obama campaigns hard for Syria strike

Media blitz. President will consider proposal for Assad to surrender chemical weapons, but still fighting for congressional support

U.S. President Barack Obama conceded Monday night he might lose his fight for congressional support of a military strike against Syria, and declined to say what he would do if lawmakers reject his call to back retaliation for a chemical weapons attack last month.

The president sought to use a glimmer of a possible diplomatic solution — including vaguely encouraging statements by Russian and Syrian officials on Monday — as fresh reason for Congress to back his plan. Syria welcomed a proposal to turn over all of its chemical weapons to international control.

Obama said Syria's statement was a potentially positive development, but he voiced skepticism that the regime of President Bashar Assad would follow through.

He said it was yet another reason for lawmakers to give him the backing he is seeking. He spoke in a series of six television network interviews planned as part of a furious lobbying campaign aimed at winning support from dubious lawmakers as well as a war-weary public.

Speaking of Assad's government, Obama said the credible threat of a military strike led by the United States "has given them pause and makes them consider whether or not they could make this move" to surrender control of their chemical weapons stockpile.

"If we don't maintain and move forward with a credible threat of military pressure, I do not think we will actually get the kind of agreement I would like to see," Obama said on CNN.

THE ASSOCIATED PRESS

In this frame grab from video taken Sunday and provided by CBS This Morning, Syrian President Bashar Assad responds to a question from journalist Charlie Rose during an interview in Damascus, Syria. In the interview broadcast Monday, Assad threatened to retaliate for any military strike launched in response to the alleged chemical weapons attack. THE ASSOCIATED PRESS

The Zimmerman split turns nasty

George Zimmerman
GETTY IMAGES FILE

The estranged wife of a former neighbourhood watchman acquitted in the shooting death of a black teenager called police officers Monday, saying her husband threatened her and her father with a gun.

Shellie Zimmerman called police shortly after 2 p.m. Monday, said Police Chief Steve Bracknell. In the call, she said George Zimmerman punched her father in the nose, grabbed an iPad out of her hand and smashed it and threatened them both with a gun.

Shellie Zimmerman, who has filed for divorce, initially told an emergency dispatcher that her husband had his hand on his gun as he sat in his car outside the home.

She said she was scared because she wasn't sure what Zimmerman was capable of doing. But hours later she changed her story and said she never saw a firearm, said Bracknell.

For the time being, "domestic violence can't be invoked because she has changed her story and says she didn't see a firearm," Bracknell said.

"We didn't find a gun," Lake Mary police spokesman Zach Hudson said late Monday night. "We didn't find anything that indicated he had a gun on his person."

Hudson said Zimmerman was released from investigative detention at around 6:30 p.m. and "he just walked back into the house."

George Zimmerman was not arrested, Bracknell said.

He said the estranged husband and wife blamed each other for starting the fight but that Shellie Zimmerman would not press charges. Her father also declined to press charges, the police chief said.

THE ASSOCIATED PRESS

Rodman says he's going back to visit 'good guy' Kim

Game plan. Retired NBA star says the autocratic leader has asked him to train North Korean players for the 2016 Olympics

Dennis Rodman is going back to North Korea, and bringing a team of former NBA players with him.

Days after returning from his second trip to visit Kim Jong Un — in which he said he became the first foreigner to hold the leader's newborn daughter — Rodman announced plans Monday to stage two exhibition games in North Korea in January.

The first will be Jan. 8 — Kim's birthday — with another to follow two days later.

Former NBA basketball player Dennis Rodman speaks to the media in New York on Monday.
JOHN MINCHILLO/THE ASSOCIATED PRESS

Rodman insisted at the Manhattan news conference that Kim is a good person who wants to have better relations with the United States.

Though saying he didn't want to discuss politics, Rodman raised his voice when answering a question about Kim's human-rights record, and portrayed himself as the person who could make outsiders see the young leader as different than his father and grandfather. "He has to do his job but he's a very good guy," Rodman said.

He talked around a question about American citizen and Christian missionary Kenneth Bae, who was arrested in November. Rodman said lobbying for the release of a prisoner wasn't his job, blaming U.S. President Barack Obama for not reaching out to ease tensions between the countries.

THE ASSOCIATED PRESS

Troll guards new bridge

A bridge troll stands by the Bay Bridge's new eastern span tower shortly before the bridge opened to traffic in San Francisco. The final piece of safety hardware installed on the San Francisco-Oakland Bay Bridge — a bearded, spindly legged troll — is meant to be a protector and good luck charm, modelled after a similar statue placed surreptitiously by a steelworker on the old span that was damaged during the 1989 earthquake. The new section of the bridge has been under construction for almost a decade and follows years of political bickering, engineering challenges and cost overruns.

NOAH BERGER/BAY AREA TOLL AUTHORITY/THE ASSOCIATED PRESS

Churchill, Man.

Man uses his cellphone to fend off polar bear

A man who used his cellphone to scare off a 180-kilogram polar bear says he's lucky to be alive with only a few superficial puncture wounds and scratches.

Garett Kolsun, 40, was walking home early Saturday morning in the Hudson Bay community of Churchill — known as the polar bear capital of the world — when he turned around and saw a polar bear charging towards him.

Businesses in the town were all closed, so with nowhere to hide, Kolsun said he ended up trapped on the porch of a bakery with the bear pinning him against the door.

Trying to distract the bear, Kolsun pulled out his cellphone and turned the screen toward the bear. The lit screen startled the bear and it took a step back giving Kolsun an opportunity to flee.

Kolsun said he ran several blocks before he turned around and saw the polar bear was gone.

THE CANADIAN PRESS

Saint Mary's. Past student to return degrees

Daren Miller said he "worked his butt off" to obtain degrees in economics and finance from Saint Mary's University.

But next Monday the Calgarian plans to march onto the institution's Halifax campus, turn over his two scrolls and demand his name be pulled from graduation records, in a show of solidarity against a pro-rape chant allegedly led by student representatives.

"My initial reaction was complete horror with the zeal of these young men and, even more shocking, that there were these young women in the video," Miller said. "There has got to be a sea change — an institutional shift — and stepping down of the leadership to allow fresh, new, young, maritime blood to be able to come and figure out what's going on."

Miller is donating $20,000 to the Walk a Mile in Her Shoes event in Banff.

JEREMY NOLAIS/METRO IN CALGARY

High time a record was broken

Mother giraffe Jang-Soon rubs her calf at the park in Yongin, South Korea. Officials at the park announced Monday that Jang-Soon gave birth to her 18th calf, what the park says is a new world record. The birth on Sunday came coincidentally on Jang-Soon's 27th birthday.

SAMSUNG EVERLAND/THE ASSOCIATED PRESS

'Politics in Russia was finally born'

Moscow mayoral election. Despite losing, opposition leader describes outcome as a victory

Opposition leader Alexei Navalny speaks to media outside his headquarters in Moscow. Navalny demanded a recount of the mayoral election after results showed the incumbent barely escaped a runoff. SERGEI GRITS/THE ASSOCIATED PRESS

Opposition leader Alexei Navalny on Monday night defused anger over the Moscow mayoral election, telling a vast square of cheering supporters to celebrate his surprisingly strong second-place finish as a victory that gave rise to real political competition in Russia.

Navalny has claimed that Sunday's vote was manipulated to give the Kremlin-appointed incumbent, Sergei Sobyanin, the slim majority he needed to win in the first round and avoid a runoff. Russia's most respected election monitoring group also questioned the accuracy of the vote.

But rather than call for angry protests like those he led after the fraud-tainted 2011 national parliamentary election, Navalny urged his supporters to keep up the kind of grassroots political activism that helped him defy all expectations and win 27 per cent of the vote.

Sunday's election was in some ways less about Sobyanin, who many agree has brought positive change to Moscow, and more about the depth of discontent with President Vladimir Putin, especially among the young and middle class. Navalny, 37, attracted thousands of enthusiastic volunteers.

"During these elections, politics in Russia was finally born," Navalny told the crowd that filled Bolotnaya Square.

The Navalny who took the stage Monday night was a more restrained and mature-sounding version of the fiery protest leader who inspired the mass protests against Putin that stretched through the winter of 2012.

He said the time may come when he will call on supporters to protest in defiance of police, "to turn over cars and light flares," but for now he asked them to keep up their political work through elections.

The next question is whether the Kremlin remains determined to see him in prison. Navalny was convicted in July of embezzlement in a case seen as part of a Kremlin effort to sideline him, but his strong showing at the polls could lead to a shortening of his five-year sentence, if the Kremlin feels this would help settle discontent.

THE ASSOCIATED PRESS

Strong showing

630,000

The number of votes Opposition leader Alexei Navalny received from Muscovites in mayoral race.

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Hadfield touches down to launch new Ivey building

London, Ont. Business students benefit from some out-of-this-world advice as part of $110M complex's grand opening

SCOTT TAYLOR
Metro in London, Ont.

Cmdr. Chris Hadfield takes the stage Monday at Western University, urging a crowd of business students to be prepared for anything that comes their way. ANGELA MULLINS/METRO

Richard Ivey Building stats

- The Ivey Business School's new showpiece boasts three student lounges, 15 78-seat classrooms and five 50-seat classrooms. It also has enough exterior glass to cover 10 basketball courts.

The astronaut who became a star instilled Western University business students with a message of hope tempered with reality on Monday.

"Prepare for the worst," urged Cmdr. Chris Hadfield, considered by some to be Canada's greatest gift to space since the Canadarm. Back on earth after more than five months at the helm of the International Space Station (ISS), Hadfield was invited to Western as part of the school's unveiling of the $110-million Richard Ivey Building.

Hadfield noted how much the world has changed since the end of the Second World War, marvelling over the many "antagonistic countries" that worked together to build the ISS.

"To think about that transition happening in less than a lifetime, of all of that hatred and misunderstanding and individual agendas, and now there's a mission control for the space station in Japan, one in Germany, one in Moscow, in Canada and the United States," he said.

But Hadfield also tried to instill some caution in his audience, by describing his first spacewalk in 2001. Moments into the walk, contamination in his helmet blinded him in both eyes, but it was countless hours of preparing for the worst that saved him.

"I practised that emergency so many times that my immediate reaction wasn't one of panic or one of ignorance, but one of calm and readiness," he said.

Saskatoon

Glitches hold up production at Cigar Lake mine

Cameco Corp.'s long-delayed Cigar Lake uranium mine in Saskatchewan won't begin producing until early 2014 because of some glitches it encountered during the startup process. The company had expected to produce 300,000 pounds of milled uranium this year, but on Monday said it will be unable to meet that target. THE CANADIAN PRESS

Market Minute

DOLLAR
96.40¢ (+0.33¢)

TSX
12,854.64 (+33.72)

OIL
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GOLD
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Natural gas: $3.61 US (+8¢)
Dow Jones: 15,063.12 (+140.62)

Kryptonian currency. Mint unveils Superman coins

Superman has received the Canadian royal treatment. The Royal Canadian Mint unveiled seven coins Monday, each depicting different moments in the superhero's history, in order to mark the character's 75th anniversary.

The coins also feature an engraved message reading "75 years of Superman" in the character's native language, Kryptonian. One of the coins depicts Superman flying above Metropolis with the famous Fortress of Solitude in the background.

The 14-karat gold coin sells for $750 and is supposed to be like the original design of Superman's Canadian co-creator, Joe Shuster. The other six coins have a price range from $29.75 to $129.75.

The designs include a 3D hologram of Superman flying and an almost pure silver coin of Superman in his latest uniform. THE CANADIAN PRESS

Superman fan Norman Antonio wears a costume as he attends the unveiling of the Royal Canadian Mint's Superman commemorative coins in Toronto on Monday. MICHELLE SIU/THE CANADIAN PRESS

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Authors

"Eye-opening. I just bought 87 boxes of condoms."
Single Dude

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DON'T FALL FOR ALL DIGITAL DEALS

SHE SAYS

Jessica Napier
metronews.ca

I'm a sucker for a daily deal. If you tempt me with 62 per cent off a spa package or discounted eyelash extensions, there's a pretty good chance I'll punch in my credit card information.

Today, there are more than 300 group-buying websites worldwide offering an infinite number of ways to help you look, feel, eat and live better for less. At the best of times, these e-commerce portals have a lot to offer both merchants and consumers, helping retailers bring in new customers and providing thrifty folk a great opportunity to try out local businesses on the cheap.

However, I'm starting to find that I'm racking up my Visa card with high expectations only to feel let down when these discounted experiences don't exactly pan out.

Admittedly, sometimes it's my own fault. Promotional emails usually show up in my inbox before my morning coffee has kicked in which leads to impulsive purchases without any consideration of when I'll use the coupon or whether I actually have any interest in the product on offer. I mean, how many gallery wrapped canvas prints does one person really need?

These spontaneous buys often result in a subpar user experience. Overlooking the imminent expiry date on your gym pass can make it impossible to attend enough classes to make it worthwhile. And forgetting to read the fine print means you'll probably gloss over some important restrictions, such as those details stipulating your coupon for a romantic dinner for two is actually only valid between 5 p.m. and 6 p.m. on Mondays.

I know when I'm to blame when it comes to not getting the most out of my discounted purchases. But what happens when you do everything right and still wind up disappointed?

Last Christmas, my boyfriend received a voucher to test drive exotic cars at a nearby race track. Unfortunately, after dozens of phone calls and emails sent to the company that was offering the deal, it became apparent that scheduling a spot for him behind the wheel wasn't going to happen.

And this certainly isn't the only case of an online coupon gone sour. I know plenty of people who have had similar experiences with local merchants abruptly closing up shop or making it so difficult to book appointments that buyers are forced to just give up altogether.

Most sites offer refunds or credit for defunct deals, with the onus on the individual buyer to follow up and demand their money back. That said, I'm still waiting to hear back from a couple of companies regarding my own unsatisfactory experiences and am learning to be much more cautious when it comes to these bargain buys.

Because sometimes those frugal finds really are too good to be true.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Do you need a hand?

3D printing helps replace lost digits

Dylan Laas shows how his Robohand works.

Laas, who was born with Amniotic Band Syndrome, got his hand from South African carpenter Richard van As, who lost four fingers to a circular saw two years ago and started work on building the Robohand after seeing a video posted online of a mechanical hand made for a costume in a theatre production. Since then, van As has fitted Robohands on about 170 people, from toddlers to adults.

THE ASSOCIATED PRESS

DENIS FARRELL/THE ASSOCIATED PRESS

The motivation

"After my accident, I was in pain ... Sometimes you have to chop fingers off to start thinking."

Richard van As, Robohand creator

The details

- It's made from cables, screws, 3D printing and thermoplastic. It uses the rotation of a joint to enable five plastic digits to grasp.
- It costs $500 to make.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online music store that allows customers to buy music directly from the artists, usually for only a few bucks and with an added bonus of being able to preview albums in full. Here are some Canadian artists to check out.

COURTESY BANDCAMP

How Sad:
Despite the weather trending toward the chilly, How Sad fits in perfectly with the two groups mentioned below as sunny day soundtrack while taking care of the synthpop side of things. Let's hope fall co-operates enough to provide us with a few nice afternoons to enjoy them with. (howsad.bandcamp.com)

Sean Nicolas Savage:
An obnoxiously prolific Montrealer who is equally at home writing breezy summer ballads and electro oddities. Flamingo is about as pleasant as an album gets. (seannicholassavage.bandcamp.com)

Grounders:
A beautifully handled collision of psychedelia, surf guitar and earworm pop, this Toronto band's debut EP is an absolute gimme. (grounders.bandcamp.com)

Twitter

TODAY!

@metropicks asked: Bitcoin kiosks that exchange cash for digital money will come to Canada. Will you be converting?

@Canucklehead_ca: To bitcoins? No way - people should hold off for my 'Lincoins' kiosk which will dispense IOUs. (As good as money.) INVEST

@BrookeBoser: Anyone use these?

@zimer77: Too new and people will decide.... I will not convert!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

metro

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Researcher among the shy

Salinger. Armageddon and Avatar writer Shane Salerno took years to find the info he needed for doc about famous author

J.D. Salinger, left, after the Normandy invasion with his fellow counterintelligence officers. THE ASSOCIATED PRESS

MATT PRIGGE
Metro World News in New York

Like many who toil in Hollywood, Shane Salerno had a passion project on the side. While writing for NYPD Blue and getting credits on the likes of Armageddon (he's also James Cameron's co-writer on one of the Avatar sequels), Salerno laboured hard on a look into the unknown (or at least under-known) private life of the most famously private writer of all: J.D. Salinger. The fruits of his labours are now available, namely a documentary and a 700-page book, both called simply Salinger. (And for the record, his favourite Salinger works are the Nine Stories members A Perfect Day for Bananafish and For Esmé — With Love and Squalor.)

Was this always intended to be a non-fiction project?
Initially I wanted to make it as a feature with Daniel Day-Lewis playing Salinger. But I knew how fanatical he was about research. Over the course of all this research I realized it's a documentary. The people I needed to talk to were in their 80s and 90s — this had to go now. And I just started filing them. About six months into the documentary I realized there was no way this story could be told only as a two hour film. That's when the book became important.

Do you view the movie as a gateway attraction for the book, which is bigger and more comprehensive than the two hour film?
I view them as one combined project. They work independently of each other. The book has a ton of material the film doesn't have, and the film has a ton of things the book just can't do — specific cinematic things. The book is about his life and has an enormous amount on his work. The film is about his life with a psychological portrait of his work.

Were some of the people hard to convince to take part?
Sure. In the case of Jean Miller — this was a woman who was 14 when she met Salinger, 19 when their relationship ended, who had a hundred letters from him and had never told her story anywhere. Not only did she talk to us, she gave us all of Salinger's letters to her. They start in '49 and go all the way to 1954, when she's in college, and he's sending her telegrams saying can you come up this weekend? These letters provided this unprecedented look at Salinger.

Did Miller require a lot of coaxing?
I wouldn't say coaxing. She wanted to make sure this was a serious endeavour, and one that would tell her story and Salinger's story honestly. She definitely put us through a hardcore vetting process.

Ultimately how did you wind up convincing her?
I think it was just time. At that point we were eight years in, seven years in, and she had seen the work. And remember if we wanted to do something cheap and exploitive we would have slapped this thing out in 2010, right after he passed away. We had a done film, ready to go when he passed away. There was a lot of pressure to do that. I just knew there was this other material. Because we waited we got things like the only photo of him writing during the war.

Shane Salerno is finally enjoying the fruits of his labour. GETTY IMAGES

Were there myths you wanted to debunk?
That he was a recluse. There was nothing reclusive about J.D. Salinger. Howard Hughes was a recluse. Recluses don't call The New York Times and grant spontaneous interviews. They don't see a 17- year-old girl on the cover of The New York Times Magazine and want to meet her and pursue her. That's another contradiction — he took his picture off of The Catcher in the Rye. That's what I was most interested in — those contradictions.

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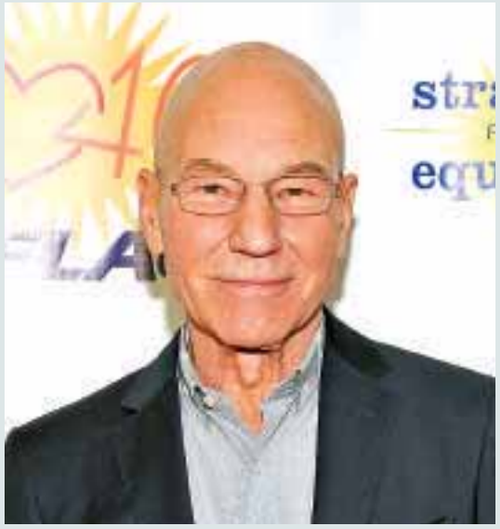
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

McKellan plays priest as Stewart has fun getting hitched

PAT HEALY
Metro World News in Boston



Patrick Stewart is off the market. The former Star Trek captain married Sunny Ozell this weekend, with good friend Ian McKellan officiating the wedding. Always a fan of frivolous fun, the X-Men star announced his marriage by posting a photo to Twitter of himself and Ozell buried neck-deep in a ball pit with the caption, "Yes, married." McKellan also took to Twitter to announce the event, posting a photo of himself with his Doctor of Divinity certificate and a T-shirt with the word "minister" emblazoned on it. "I did my part," he wrote.

Christina Aguilera. ALL PHOTOS GETTY IMAGES

Motherhood puts Aguilera back in good shape

Christina Aguilera has wowed onlookers by getting back into fantastic shape recently, but she insists regular trips to the gym have not been part of the equation. "If I can squeeze in a workout, great. If not, that's OK, too," she tells Maxim magazine. Her secret? Trying to keep up with five-year-old son Max. "Running around with him all day is pretty good exercise," she insists.

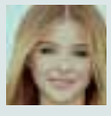
Thandie Newton

Newton pregnant with child number three

Thandie Newton is going to be a mom once again. The actress is reportedly pregnant with her third child with her husband, writer-director Ol Parker, according to Us Weekly. Newton and Parker have been married for 15 years and are already parents to daughters Ripley, 12, and Nico, 8. "She couldn't be more happy. You can barely tell she has a bump and she's been dressing different because of it," a source says.

Twitter

@MichaelChiklis
WTF is this brand of awkward, humorless comedy that so many films go for these days? Awkward is awkward, not funny...it's excruciating!



@ChloeGMoretz
Remember that time I made tons of chemistry jokes.. ohhh what a nerd i am

@lenadunham
I lost the role in 50 Shades of Grey so you won't be hearing from me for awhile.

Robin Quivers reveals battle with cancer

Robin Quivers revealed yesterday on Howard Stern's Sirius XM radio show that she has been fighting bladder cancer for the past year. Quivers, who left the show last year for a then-undisclosed reason, revealed that the cancer had been discovered in the endometrial tissue in her uterus. Thanks to serious treatment, including surgery, chemo and radiation, the cancer is now in remission. "It was so huge that it was lying on all the organs in my pelvis, and they literally had to scrape it off," Quivers recounted about the tumour. "They couldn't even figure out how to operate at one point because it was so massive." Stern said that if it wasn't such a happy outcome, he would have ended the show. "I'll f—ing kill you if you have cancer. I'm not doing the show without you. ... I'm quitting if you're not doing the show," he joked/threatened when Quivers initially left the show for a "procedure."

Robin Quivers

SALES REPRESENTATIVE

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metro

Is there a 'bigorexic' man skulking around your gym?

Fitness. Even without the drug abuse attached to excessive bodybuilding, there can be some serious dangers

LINDA CLARKE
Metro World News

When is big too big, or even dangerously big? That's the question some health experts are asking about excessive bodybuilding. Nicknamed bigorexia, obsessive muscle mass bulking can damage mental and physical well being, especially when it involves dangerous drug use.

"Bigorexia is the term we're using for men who are using substances like anabolic steroids and testosterone to get bigger and bigger," says Dr. Damon Raskin, a board-certified internist with a specialty in men's health. "The danger with taking supplemental testosterone is that it shuts off the body's ability to make it. Depression is a common side effect; it can damage the liver too, as can anabolic steroids."

Similar to anorexia, bigorexia often affects teens who are prone to insecurity or unsure of their physical identity.

"They see these athletes and hear about them using enhancement drugs, and they think it's OK," says Raskin, who says the issue is "becoming a big problem."

He says efforts to educate people about the disorder need to start in schools, and early. And a healthy home life helps too.

"The person who is susceptible is someone who perhaps has a stressful home environment, low self-esteem, or been rejected by a girl or boy."

Warning signs that parents and friends can watch out for include increased aggression and overdoing it on diet and exercise.

"If you see rapid physical changes and someone develops massive biceps in four to six weeks, that's not normal," says Dr. Raskin.

As with any drug dependency and psychological disorder, it's important to seek professional help.

"It's necessary to get psychotherapy to find the underlying problems and treat them," Raskin advises. "Then, we work to balance out hormones. Over time, taking these drugs can cause lasting physical damage, but if caught early enough an endocrinologist can usually reverse any problems."

Supplements

No drugs, no problem?

- **Not true.** Even bigorexics who don't use drugs to help build muscle mass are prone to health problems from excessive exercise and eating too many high-protein foods, like meat, eggs and supplements.

Working out is OK, just don't get obsessive about it. ISTOCK

Best Health

Getting your levels just right

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the September issue of Best Health, regular columnist Dr. Susan Biali, a medical doctor, advises that women need to get enough of certain key nutrients. Many women are unaware that they may be low in these. While it's always best to get nutrients from whole foods, sometimes supplements are necessary.

Iron
Many women who are low in iron feel vaguely tired and foggy-brained, and aren't aware that their iron stores are low. Too much iron can be toxic, though.

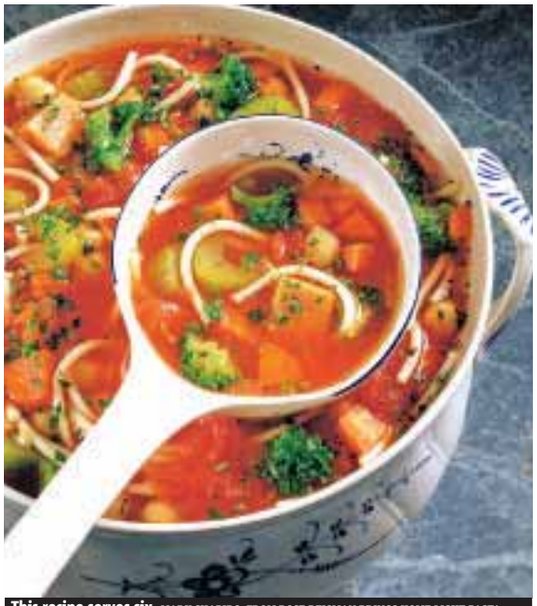
Magnesium
If you crave chocolate, it could be that your body needs magnesium, which is found in cocoa and other foods. The mineral helps nerves, muscles and the heart to function properly, supports the immune system and strengthens bones.

Folate
Most women know extra folate is needed during pregnancy, or if you are trying to conceive. But low folate can also affect your mood. It helps synthesize feel-good serotonin.

Vitamin D
Supplements are critical for those living in the world's northern climates, such as Canada's. That's because we have less sunlight during the year than countries farther south. Low D levels are now being linked to everything from breast cancer to heart disease. You can get your blood level of vitamin D tested, and ask your doctor for his or her opinion.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

Soup season is around the corner: Veg & Bean Minestrone



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great vegetarian soup with loads of nutrients.

If you want this to be a complete meal, add six ounces of diced cooked chicken, beef, pork or seafood. You can also substitute the pasta for 1/4 cup rice or quinoa but allow to cook for another 10 to 15 minutes.

1. In nonstick saucepan, heat oil; sauté garlic, onion, carrot and celery until softened, approximately 5 minutes.

2. Add stock, potatoes, broccoli, tomatoes, chickpeas, bay leaves, basil and oregano; cover and simmer for 40 minutes or until vegetables are tender, stirring. Remove bay leaves. Season with pepper to taste.

3. Add pasta; cook 10 minutes, stirring often, or until spaghetti is firm to the bite. Garnish each bowl with cheese. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

Ingredients

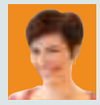
- 1 tbsp vegetable oil
- 1 tsp crushed garlic
- 1 1/2 cups chopped onion
- 1 medium carrot, finely 1 chopped
- 1 small celery stalk, finely 1 chopped
- 4 1/2 cups beef stock
- 1 1/2 cups finely chopped peeled potatoes
- 1 1/2 cups chopped broccoli
- 1 can (19 oz) tomatoes, crushed
- 3/4 cup canned, drained and rinsed chickpeas
- 2 bay leaves
- 1 1/2 tsp each dried basil and oregano
- Pepper
- 1/3 cup broken spaghetti

Garnish

- 3 tbsp grated Parmesan

Health Solutions

If it looks like a duck...



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Don't just stand there! Duck! It is the new white meat and according to Grey County duck farmer Justus Martin (ovenready-ducks.com), the demand is growing.

Here's why: Canada celebrates ethnic diversity that brings with it a yearning for other proteins and duck fits the bill. In addition, as with most lasting trends, it all starts with the high-end restaurants looking to offer a new experience to their demanding clientele.

Duck has more flavour than chicken but is still considered "white meat" and, Muscovy duck is as lean as chicken but it brings a richer flavour. It is an absolute myth that it takes anything more to cook a duck than it does to cook a chicken.

Cooking tips:

- Best on a spit with a simple rub of olive oil and spice.
- Roasts well in the oven just like chicken 350 for 3.5 hours.
- Breasts and drumsticks work well on the barbecue.
- Fall and winter weather just scream for a duck confit which is a hearty fix it and forget it, one pot meal.
- Serve duck with heartier foods with distinct flavours like: cranberries, sage, saffron, orange or onions.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Side dish. Mandarin Orange and Kale Salad

Massaging oil into kale is a great way to tenderize the leaves for this side salad.

1. Discard tough stems of kale. Tear leaves into bite-sized pieces. Place in bowl. Drizzle 2 tbsp (25 ml) oil over top; using hands, massage oil into kale 1 minute. Sprinkle pinch of salt over top; massage and squeeze 1 minute until kale is slightly softened.

2. Peel mandarins and pull off excess stringy bits; segment. Add orange segments, apple, celery and red onion to kale. In bowl, whisk 2 tbsp (25 ml) oil, vinegar, salt and pepper. Pour over salad; toss to coat. Transfer to serving platter. Sprinkle with toasted almonds. PRESIDENT'S CHOICE

Ingredients

- 1 bunch kale, washed and dried
- 2 tbsp (25 ml) PC Splendido Extra Virgin Olive Oil
- Pinch salt
- 4 mandarin oranges
- 1 PC Organics Gala Apple (skin on), cut in julienne strips
- 1 stalk celery, thinly sliced
- 1/3 cup (75 ml) thinly sliced red onion
- 2 tbsp (25 ml) each extra virgin olive oil and white balsamic vinegar
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (50 ml) sliced blanched almonds, toasted

Mushrooms and potatoes give salad an earthy twist

1. Bring pot of water to a rolling boil. Gently add eggs, reduce heat to medium and boil for 6 minutes. Drain. Cover with cold water and let stand for 2 minutes. Remove eggs from water; set aside.

Ingredients

- 4 eggs, at room temperature
- 2 tbsp (25 ml) olive oil
- 1 cup (250 ml) halved PC Little Gems Golden Potatoes
- 1 pkg (100 g) shiitake mushrooms, stems discarded and caps cut in quarters
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 2 tsp (10 ml) Dijon mustard
- 2 tsp (10 ml) white wine vinegar
- 1/4 cup (50 ml) olive oil
- 1 tub (142 g) PC Organics Mixed Field Greens Salad Mix
- 1/2 cup (125 ml) thinly sliced red onion
- 1/4 cup (50 ml) chopped fresh parsley

This recipe serves six as a side salad. CONTRIBUTED

2. In large frying pan, heat 2 tbsp (25 ml) oil over medium heat. Add potatoes; cover and cook for 7 to 8 minutes, stirring occasionally, or until browned and cooked through. Add mushrooms; cover and cook 6 minutes or until mushrooms release juices and start to brown. Season mixture with 1/4 tsp (1 ml) of the salt and 1/8 tsp (0.5 ml) of the pepper.

3. In bowl, whisk mustard and vinegar. Whisk in 1/4 cup (50 ml) olive oil, remaining 1/4 tsp (1 ml) salt and remaining 1/8 tsp (0.5 ml) pepper.

4. In large bowl, toss field greens, red onion, potato-mushroom mixture, and vinaigrette. Transfer to serving platter. Carefully peel eggs; cut in half lengthwise and arrange on top of salad. Serve sprinkled with parsley.

PRESIDENT'S CHOICE

Reasons Mommy Drinks: Because you hit her with a block and she can't swear

RICHARD CROUSE
Metro World News

Reasons Mommy Drinks, the new book by Lyranda Martin Evans and Fiona Stevenson could have been subtitled What to Expect After You've Been Expecting.

"We really felt like this was the ultimate baby shower gift," said Martin Evans, a five foot seven inch blond with a keen wit and infectious laugh. "Both of us got a lot of doom and gloom books, so when we were writing we thought we wanted to do a baby shower gift book you can read and actually laugh with."

The book is a mom's eye view to surviving the first 18 months of parenting written chronologically from the baby shower to when the little ones are finally starting to walk and talk.

The book is part advice, part bartender's guide that offers up a coping mechanism that comes with a twist — a lemon twist.

Each of the parenting challenges — dealing with nap time, in-laws or the first haircut — is paired with mock or cocktail. The daycare chapter, for instance, is matched with the Day Care Defense, a fruity rum drink they say will "numb your guilt, kill germs and boost your immune system."

Martin Evans and Stevenson met in high school and bonded over a love of writing and performing comedy.

"In the 10th grade, we co-wrote and performed our first standup comedy show — a Full House/Beverly Hills 90210 mash-up — and, in doing so, discovered we had amazing creative chemistry, and a similar comedic voice," says Stevenson, a bright-eyed brunette with a ballerina build and an infectious smile.

Those shared interests fuelled their friendship through university.

Fiona Stevenson, left, and Lyranda Martin Evans, authors of Reasons Mommy Drinks. GUSTAVO GONZALEZ

"After graduating from Queen's and embarking on full-time careers in marketing and advertising, we looked for new ways to join forces creatively. We did the Second City conservatory program together, co-produced sold-out musical variety shows for charity and founded a sketch comedy troupe called Math is Hard."

Two years ago when the friends found themselves pregnant at the same time, Martin Evans says they looked for a way to use their "creative writing skills and do something we enjoy." After some thought they gave birth to reasonsmommydrinks.com.

"Like all working moms, we are time starved and want to maximize our time with our families," Stevenson says. "Our long history of creative collaboration and shared work ethic makes us an incredibly productive team. It's amazing what we can accomplish in a two-hour power writing session during nap time.

"We wanted to give a voice to the new generation of moms — accomplished, ambitious women who, as they transition to their new role as parents, want to do the absolute best for their new baby in every possible way, without completely losing themselves in the process. To a time-starved, sleep-deprived new mom, it can feel like an impossible task at times, and we discovered there's a lot of comedic gold in that daily struggle."

The blog was an instant hit. "Parents immediately got the joke behind the title," says Stevenson. Voted best blog from Toronto Mom Now, it inspired them to think beyond the internet.

"The book is about the first year-and-a-half, which I found really hard," Martin Evans says. "I did not have the kid who went to sleep. You see those mothers who have that perfect kid who sleeps all the time, wakes up happy. I didn't have that kid. Neither did Fiona. We had high maintenance kids.

"But all the things that, at the time were frustrating are now really funny. Tragedy plus time equals comedy."

Martin Evans says the tone of the book is tongue-in-cheek, but she hopes parents — or even single people, who she says can, "use it as a birth control reminder" — will read the book and realize that they are not alone.

"I think different women will take away different things from the book," Martin Evans says. "The overarching theme, the best thing you can take away from it is, we're all in this together and it is so worth it. The very last drink in the book is the Kool Aid. It's like, drink the Kool Aid. It's worth it."

Put your money where the cash is

YOUR MONEY
Alison Griffiths
money@metronews.ca

I've previously written that the key to successful saving and investing was having a balance between equities (stocks), bonds and cash.

Several readers questioned the need for cash in a portfolio. Yes, interest rates are paltry, and likely to continue for some time, but during stock market turbulence any kind of positive return can be a lifesaver.

Cash plays four important roles in a financial plan.

1. Cash provides ballast

That's how my old friend Eric Kirzner professor of finance at the Rotman School of Business refers to the role of cash for investors. When the market takes a dive, this stolid holding is still there providing a return.

In fact, there have been many times over the past 20 years when cash has performed better than equities. We all remember the stock market carnage of 2008 and 2009 — cash was king during those years. It was also the winning investment in 1981, 1987, 1990, 2001 and 2002.

2. Cash equals opportunity

Those with cash can swoop in and buy when the stock market swoons. Too often investors flee for the sidelines after a market crash. But the savvy folk use cash to buy good quality stocks at a bargain. Don't we all wish we'd done that in 2008 and 2009?

3. Cash is a rebalancing tool

Top money managers tell me that up to 60 per cent of the profit they generate comes from the process of returning a portfolio to its original allocation of equities, bonds and cash. Having cash allows investors to tweak their portfolios and put more money into asset classes that are sagging.

This vital housekeeping discipline keeps a portfolio healthy, but without cash investors are forced to sell bonds or equities in order to rebalance.

4. Cash is an emergency saviour

When the car is kaput or the roof leaks, cash will bail you out. Emergency cash should be kept in a savings or Tax Free Savings Account for ready access. It's far better to have cash sitting there earning one per cent than be forced to pay four to 29 per cent on lines of credit or credit cards. It isn't sexy but cash is absolutely the most useful saving and investing tool.

Cash should play an important role in your financial plan. ISTOCK

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Saskatoon Blades head coach David Struch watches his players run drills during practice at Credit Union Centre on Monday afternoon. Tuesday's game against the Regina Pats will mark the first pre-season action the Blades will see at home. MORGAN MODJESKI/METRO

Blades ready for Pats in pre-season action

WHL. High energy, aggressive play keys for upcoming season, head coach Struch says

MORGAN MODJESKI
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The Saskatoon Blades are looking to pick up their first pre-season win on Tuesday night as they play host to the Regina Pats.

The Blades fell 9–4 to Swift Current in their pre-season opener on Sept. 4 — being outshot by the Broncos 43–19.

Blades head coach Dave Struch said his team is ready for redemption as they take on their provincial rivals, noting the Blue and White will be playing a very aggressive and energetic style of hockey.

"That's going to be the key to every game this year," said Struch. "We want to be a high-energy team, so for us, it's just a matter of getting that installed into our players' minds."

Despite the fact Tuesday will mark the Blades' first home game of the pre-season, Struch said the team — even its young prospects — is more determined than nervous.

"There's no pressure at all," he said. "They all know what's at stake, they all want to make the team and they all want to push themselves hard to last past (Tuesday) night."

The Blades are a young team and Struch said the coaching staff will be there to help players develop.

"As coaches, we need to be in a position to give these players knowledge and feedback consistently," Struch said. "When they've made mistakes, we want to correct them and if they've done something well, we want to let them know about it."

The Blades and Pats go head-to-head at 7:05 p.m. Tuesday night at Credit Union Centre.

NHL

Flames' Kipper calls it a career

Calgary Flames goaltender Miikka Kiprusoff announced his retirement Monday.

The 36-year-old spent the last nine seasons with the Flames, including the club's memorable run to the 2004 Stanley Cup final.

Kiprusoff holds team records for wins (305), games played (576) and shutouts (41).

THE CANADIAN PRESS

Lance Armstrong

IOC wants bronze medal returned

The IOC wants Lance Armstrong to hand back his Olympic medal.

IOC vice-president Thomas Bach says Armstrong and the U.S. Olympic Committee had been asked to return the bronze medal that the American won at the 2000 Olympics in Sydney.

Armstrong was stripped of his seven Tour de France titles and banned for life from elite sports.

THE ASSOCIATED PRESS

NFL

Eagles run wild in Washington

Just try to keep up with Michael Vick, LeSean McCoy and the Philadelphia Eagles this season. Robert Griffin III and the Washington Redskins sure couldn't.

The Eagles unleashed coach Chip Kelly's offence on the NFL and crammed 77 plays into 60 minutes. They had their share of miscues, of course, but they held on for a 33-27 upset of the defending NFC East champs.

THE ASSOCIATED PRESS

Nadal outshines Djokovic for 13th major title

Rafael Nadal beat Novak Djokovic in the U.S. Open final on Monday. MATTHEW STOCKMAN/GETTY IMAGES

Hard to believe this is the same Rafael Nadal who was home during the U.S. Open a year ago, nursing a bad left knee.

Hard to believe this is the guy sent packing in the first round of Wimbledon in June, losing against someone ranked 135th.

Looking fit as can be and maybe even better than ever, the No. 2-ranked Nadal pulled away from No. 1 Novak Djokovic 6-2, 3-6, 6-4, 6-1 on Monday in a taut, tense U.S. Open final for his 13th Grand Slam title.

"Very, very emotional, no?" Nadal said during the on-court trophy presentation. "Probably only my team knows how much (this) means for me."

They started in sunlight and finished at night, a three-hour, 21-minute miniseries of cliffhangers and plot twists and a pair of protagonists who inspired standing ovations in the middle of games.

There was no quit in either of them, during points that lasted 15, 25, even more than 50 strokes.

"Probably nobody brings my game to the limit like Novak," said Nadal.

This was their 37th match against each other, the most between any two men in the Open era, and Nadal has won 22. It also was their third head-to-head U.S. Open final in the last four years. Nadal beat Djokovic for the 2010 title, and Djokovic won their rematch in 2011.

They know each other's games so well, and play such similar hustle-to-every-ball styles, but in the end, it was Nadal who was superior.

"He was too good. He definitely deserved to win this match today and this trophy," Djokovic said.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
A social invitation will come your way and you should snap it up. Life is too short to waste on things of no importance, including working for other people on projects you have no real attachment to.

♉ Taurus
April 21 - May 21
Recent struggles may have you down but there are still plenty of reasons to be cheerful. Life is full of joys and wonders — all you have to do is open your eyes and heart.

♊ Gemini
May 22 - June 21
You may be reluctant to start something new because you sense it is going to be tougher than you expected. You're right, it will. But if you give up now, you will regret it later.

♋ Cancer
June 22 - July 23
You sometimes find it hard to look on the positive side of life but over the next few days you will discover no end of reasons to smile. Remember: You are not a victim and life is what you choose to make of it.

♌ Leo
July 24 - Aug. 23
It seems you have an urgent need to feel accepted by people you work with. That could lead to you doing things that are not in your long-term interests. The best way to impress people is to be yourself.

♍ Virgo
Aug. 24 - Sept. 23
Why are you attaching so much importance to things that are not worth worrying about? You need to snap out of it and get your mind back on track — the one that leads to your dream.

♎ Libra
Sept. 24 - Oct. 23
What others say can't be done, you will do just for the fun of it. If you focus your energy in one direction, you'll achieve something that amazes.

♏ Scorpio
Oct. 24 - Nov. 22
Don't worry too much if your temper gets the better of you and you snap at someone you love. Your solar chart indicates that by this time tomorrow you will be best buddies again.

♐ Sagittarius
Nov. 23 - Dec. 21
Try to focus on an activity that involves you on every level — mental, physical, emotional. If you put everything you've got into what you do today, the results will be spectacular and highly profitable too.

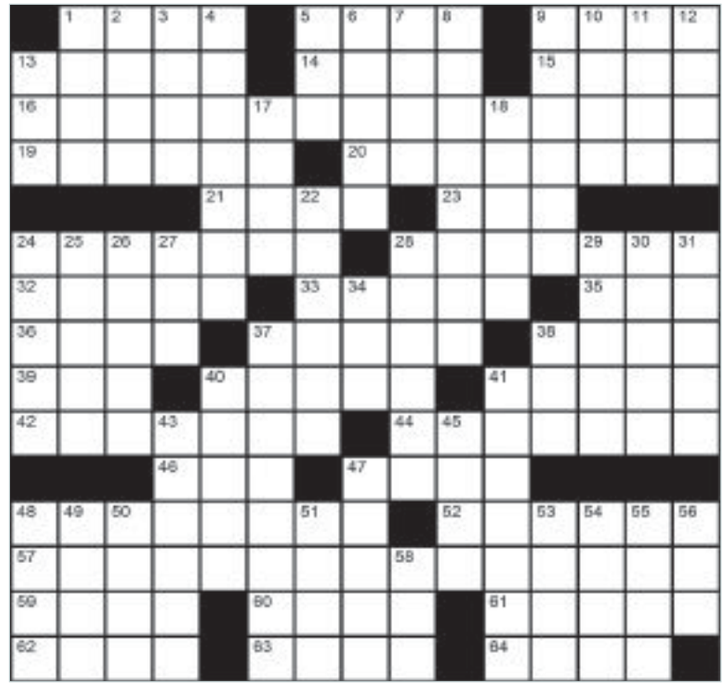
♑ Capricorn
Dec. 22 - Jan. 20
Anything of a creative nature will go well over the next few days, so give yourself permission to dream and let your inner compass guide you in the right direction.

♒ Aquarius
Jan. 21 - Feb. 19
Force yourself to enjoy what you have to do today, even if it isn't your first choice or your second. It will go better than expected and you can reward yourself by indulging in what you do enjoy this evening.

♓ Pisces
Feb. 20 - March 20
Go somewhere you have never been before. Do something you have never done before. The planets suggest you can afford to be adventurous. In fact, you will regret it later if you stay too close to home now. SALLY BROMPTON

Crossword: Canada Across and Down

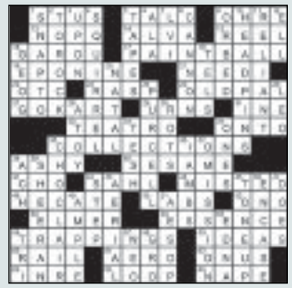
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Etna extraction
5. Outline
9. Be in need of Gold Bond
13. Not-leaving prisoner
14. Berry found in the Amazon Rainforest
15. Intl. alliance created in 1949
16. People on Blackberrys, for instance: 2 wds.
19. Run off the track
20. Herman __ (Novelist of Moby-Dick; or, The Whale)
21. Certain
23. South: French
24. Coleslaw's content
28. Discharge
32. The Hunter constellation
33. __ Kea (Site of observatories in Hawaii)
35. The Pacific __
36. Prefix meaning 'Self'
37. Teachers of yore
38. Like an owl
39. Some radios, e.g.
40. Fashion mag
41. Cut
42. Cushy barn section
44. Most times
46. Cartoon fight sound effect!
47. "I'm Yours" singer Jason
48. Passage-hindering war tactic
52. Acadian dish of grated potatoes, __ Pie
57. Medieval-inspired futuristic cartoon series of yore in Canada: 3 wds.
59. Entr'__ (Theatrical interlude)
60. Stretched tight
61. Effort to achieve a goal
62. Filmed a movie
63. The Beatles' Pepper, et al.
64. Guesses [abbr.]

Down
1. Green hue
2. Way over yonder
3. Waitress on "Alice"
4. Craftsperson
5. "Well, __-di-dah!"
6. Green Day's "When _ __ Around"
7. Pony's pride
8. They measure television viewership
9. Newsmagazine show, "__ Edition"
10. Unit of weight in China
11. Keyboard key
12. Outdoor tap hookup
13. John Lennon's unintended acronym
17. Socket's insertee
18. Droplet-looking throat part
22. Outfit the boat with a new sail-support, say
24. Sports team leader
25. Popular island retreat
26. Itsy-__
27. Scarer's sound!
28. "__ Has It" by Adele
29. Princess in "The Little Mermaid" (1989)
30. __ rug
31. Manicure board
34. Get weapons
37. Canadian brothers band, The __
38. "Huh...?"
40. "Twistin' the Night Away" by Sam __
41. Leonard Cohen song title lady
43. Necklace's storing-little-things piece
45. Wrapped garment
47. "You know you gotta help __ ___..." - The Killers
48. Arm: French
49. __ Ness Monster
50. Eight: Prefix
51. Burden
53. Greek letters
54. Station
55. Promissory notes
56. Mr. Asner's
58. "Holding Out for a Hero" singer ...her initials-sharers

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9			3	7				1
	6					8	3	
	8			1	2			4
					6			8
		5				4		
7			5					
3			2	9			4	
	9	1					2	
6				5	1			9

Yesterday's Sudoku

9	6	8	4	7	3	5	2	1
2	7	4	6	1	5	3	9	8
3	1	5	2	8	9	4	7	6
4	3	1	8	9	2	7	6	5
5	8	9	3	6	7	1	4	2
6	2	7	1	5	4	9	8	3
8	9	6	5	4	1	2	3	7
7	5	2	9	3	8	6	1	4
1	4	3	7	2	6	8	5	9

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